**Effects of Living with Addiction Questionnaire**

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| **Behavior** | **Identification Question** |
| **ANGER** | |
| * Getting into screaming matches * Being short tempered * Having aggressive outbursts * Becoming violent * Throwing things * Picking fights | * Do I feel like I am beginning to lose it? * Is my anger turning to rage? * Do I have angry outbursts with people who don’t deserve it? * Is my tendency to become violent scaring myself or others? * Am I involved in risk taking behavior (e.g., driving carelessly, getting involved in an affair, gambling)? |
| **FEAR/WORRY** | |
| * “Walking on egg shells” * Being on edge * Sensing something bad is going to happen * Blaming yourself for the behavior of others | * Am I having trouble sleeping? * Am I having frequent headaches? * Is my stomach frequently in knots? * Am I starting to over-spend or over-eat? * Do I wake up with my pulse racing and/or a feeling of dread? |
| **CONTROLLING/NAGGING** | |
| * Making threats * Becoming increasingly controlling * Not wanting to let the person out of sight * Frequently complaining about others’ behaviors * Feeling that you are always right | * Am I nervous most of the time? * Do I have trouble relaxing? * Am I more critical of others than I used to be? * Am I tired a lot? * Am I feeling lonely? * Do my thoughts shift from preoccupation with the problem to completely wanting to give up? |
| **AVOIDANCE** | |
| * Becoming increasingly isolated from family and friends * Not going out * Feeling increasingly uncomfortable in social situations * Not wanting to go to work | * Do I doubt myself? * Do I worry what others think of me and my family situation? * Am I spending a lot of time alone? On the internet? * Am I developing anxiety symptoms? * Has someone suggested I may be depressed? * Am I starting to drink more than usual, take sleeping pills or medication for anxiety? |
| **DENIAL** | |
| * Not believing that an addiction might be the problem | * Do I find myself covering up the truth when I know it is a lie? * Have I begun to have vague physical symptoms that cannot be medically diagnosed? |